```
In [1]: bicycles=['trek', 'redline', 'Hero']
         print (bicycles)
         ['trek', 'redline', 'Hero']
 In [2]: print(bicycles[0].title())
         Trek
 In [4]:
         bicycles[0]='Ranger'
 In [5]:
         print(bicycles)
         ['Ranger', 'redline', 'Hero']
 In [6]:
         bicycles.append('Trek')
 In [8]:
         print(bicycles)
         ['Ranger', 'redline', 'Hero', 'Trek']
 In [7]: bicycles.insert(1, 'Hercules')
In [10]:
         print(bicycles)
         ['Ranger', 'Hercules', 'redline', 'Hero', 'Trek']
In [12]: bicycles.pop()
Out[12]: 'Hero'
In [13]: print(bicycles)
         ['Hercules', 'redline']
In [14]: bicycles.pop(0)
Out[14]: 'Hercules'
In [15]: | print(bicycles)
         ['redline']
In [16]: cars = ['bmw', 'audi', 'toyota', 'benz']
```